

Scituate Recreation Department
Town Hall
600 Chief Justice Cushing Highway
Scituate, MA 02066

Non-Profit Org.
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PAID
Scituate, MA
Permit No. 56

RESIDENTIAL CUSTOMER SCITUATE, MASSACHUSETTS



SPRING & SUMMER Program 2015

Online Registration

www.scituatema.gov/recreation-department

MAIL: 600 Chief Justice Cushing Hwy.

Scituate, MA 02066

OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

Monday-Thursday: 8:30 am to 4:30 pm

Friday: 8:30 am to 11:45 am
781-545-8738 (Phone)
781-545-6990 (Fax)

RECREATION STAFF:

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Co-Director
Maura Glancy, Recreation Co-Director
Paul Sharry, Recreation Clerk & Field Coordinator
Shawna Burkhardt, Registrar

RECREATION COMMISSION:

Christopher Roberts, **Chairman**
Robert McCarry, Stephen Svensen, David Smith
Associate Members: William Blake, Allen
Kazlousky, Jennifer McMellen,
Brian Stewart
Selectmen Liaison: Shawn Harris

POLICIES AND PROCEDURES

- **SPRING/SAILING PROGRAM REGISTRATION WILL OPEN MONDAY MARCH 16, 2015 @ 7:00 PM AT WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT.**
- **SUMMER REGISTRATION WILL OPEN MONDAY APRIL 6, 2015 @ 7:00 PM**
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.**
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration from 7:00 a.m. to 4:30 p.m.; however, there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.
- 1) Mail-in registration for residents will be accepted starting March 17th & April 8th. Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
- 2) **When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.
- 3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
- 4) **REFUND POLICY: If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
- 5) All fees are payable in advance to Town of Scituate. A person is registered only when they have registered online or a check or cash and a registration form is received in the Recreation Office.
- 6) No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
- 7) **Need financial assistance....Just ask!**
- 8) Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
- 9) **Registration for non-residents will begin March 23rd & April 21st @ 9:00 am.** Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
- 10) The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.

The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate.

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SAILING REGISTRATION

Online Registration for RESIDENTS Opens: Monday, March 16, 2015 at 7:00 PM
(Non-resident Online Sailing Registration begins April 21 at 9:00 AM)

Our Goal: To provide many participants the opportunity to experience the joy of sailing!

Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket). **ALL SAILING PROGRAMS MEET RAIN OR SHINE. Classes run Monday through Thursday (we will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday.**

LEVEL I MERCURY (Ages 9 & up) – Fee: \$150

Lessons are taught on 15 foot Cape Cod Mercury keels, which are stable, hearty sailboats and are great for beginner/ intermediate sailors. The class will focus on parts of the boat, points of sail, right of way, as well as fostering teamwork. This is a program that can be taken for multiple years.

MORNING CLASSES

8:00 am – 11:00 am

(1449): 6/29/15 - 7/02/15

(1452): 7/06/15 - 7/09/15

(1454): 7/13/15 - 7/16/15

(1455): 7/20/15 - 7/23/15

(1458): 7/27/15 - 7/30/15

(1460): 8/03/15 - 8/06/15

(1462): 8/10/15 - 8/13/15

AFTERNOON CLASSES

12:00 pm – 3:00 pm

6/29/15 - 7/02/15 :(1451)

7/06/15 - 7/09/15 :(1453)

7/13/15 - 7/16/15 :(1456)

7/20/15 - 7/23/15 :(1457)

7/27/15 - 7/30/15 :(1459)

8/03/15 - 8/06/15 :(1461)

8/10/15 - 8/13/15 :(1463)

LEVEL I INTRODUCTION 420'S – Fee: \$315

This course is designed for both beginner and intermediate 420 sailors. The two week Session will include wind awareness, sailing terminology, points of sail, tacking and gybing on these racing boats. This course is designed to teach students with little to no experience to students who are proficient in all points covered in the 420 Level one courses.

MORNING CLASSES

8:00 am – 11:00 am

Fee: \$157 One Week Only -(1464): 6/29/15 – 7/02/15

(1465): 7/06/15 – 7/16/15

(1496): 7/20/15 – 7/30/15

(1497): 8/03/15 – 8/13/15

AFTERNOON CLASSES

12:00 pm – 3:00 pm

6/29/15 – 7/02/15 :(1450)- One Week Only Fee: \$157

7/06/15 – 7/16/15 :(1466)

7/20/15 – 7/30/15 :(1582)

8/03/15 – 8/13/15 :(1498)

LEVEL II MERCURY (Ages 11-Adult)- Fee: \$265

This afternoon program will be a one week session designed for the ambitious sailor who is ready to make the commitment to becoming a stronger sailor. This class will focus on strengthening sailing techniques and teamwork; giving a head start on skills applied in the 420 class. This class is tailored to the serious sailor with two or more years of sailing.

3:15 pm - 5:45 pm

(1499): 7/06/15 – 7/16/15

(1500): 7/20/15 – 7/30/15

(1501): 8/03/15 – 8/13/15

TAKE YOUR PARENT SAILING NIGHT. Enjoy a night out on the water and have your child show you what they have learned by taking you, along with an instructor, out for a sail around the harbor in one of the Mercurys. We ask that you register for a night the week after your child has completed the Mercury I course.

Please see Sailing Director Madde Vachon during your child's sailing week if you are interested!

Thursdays from 5:30 pm to 7:00 pm.

Fee: \$25.00 per evening for parent and child

LEVEL II 420 RACING PROGRAM – Fee: \$265 Prerequisite required: Year of Level I 420's. The program is designed for the 420 sailor who is looking to improve and acquire racing skills. This serious sailor will be asked to build upon the fundamental skills they have acquired within the past and will put forth in racing situations. The instructor reserves the right (if necessary) to move a participant to Level I if he or she is not ready for Level II.

3:15 pm - 5:45 pm

(1502): 7/06/15 – 7/16/15

(1503): 7/20/15 – 7/30/15

(1504): 8/03/15 – 8/13/15

NEW! REGATTA TRAINING (Ages 14-18) Fee: \$475. This training is geared toward the experienced high school sailor who has shown a desire to further their sailing skills. This program offers skills and tactics needed to be comfortable in competition settings. Sailors will be given the opportunity to enter into a local regatta at the end of the program. For more information and to enroll please call the Recreation Department.

Program runs Mon, Tues, Thurs, Fri. 3:15 pm to 5:45 pm

J-24 SAILING (ADULT) Fee: \$125. Come sail with us! Let's explore our beautiful harbor and our exquisite coastline. This adult program is open to all levels of sailing. The class is triggered towards teaching cruising skills with also the opportunity to race in the PHRF Wednesday Night Race Night. **This program will meet on Thursday and Tuesdays for two weeks (starts on Thursday).** Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket). All Sailing Programs Meet Rain Or Shine.

Thursdays & Tuesdays- 5:30 pm to 7:30 pm

(1505): 6/25/15 - 7/07/15

(1506): 7/09/15 - 7/21/15

(1507): 7/23/15 - 8/04/15

(1508): 8/06/15 - 8/18/15



SAILING REFUND POLICY:

***PLEASE NOTE, DUE TO THE HIGH
DEMAND OF THE SAILING PROGRAM
THERE WILL BE NO REFUNDS ISSUED
AFTER JUNE 1st, 2015***

CORSE PROGRAMS

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated. This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations.

ALL-STARS JIU JITSU: Scituate Recreation's Multi-Purpose Room. Our improved program is now expanding into Jiu Jitsu, which is a more encompassing martial arts program than karate. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. There will also be incorporation of the nationally renowned Gracie Academy Jiu Jitsu Bully proof curriculum in which the instructor is certified. Students who would enjoy a less formal martial arts curriculum are encouraged to attend. Program is open to children in grades 1-8. **Instructor: Danny Reynolds 8 weeks (1467): Fridays: March 27 – May 29, 2015 from 5:45 pm to 6:45 pm (No Class 4/3, 4/24/15) Fee: \$90**

ALL STARS RUNNING: Wampatuck School. This program, run by **Nautical Mile Director Brian Stewart**, will teach your child the fundamentals of running and guide he or she to establishing a healthy lifestyle through a variety of fun conditioning and running exercises, games and teamwork activities. This work will establish the foundation for success in the area of physical fitness in a non-competitive, organized and fun-filled approach. **6 weeks (1468): Sundays: March 22 – May 10, 2015 from 2:00 pm to 3:00 pm (No class 4/5, 4/19/15) Fee: \$68**

PRE-SCHOOL, YOUTH & TEEN PROGRAMS

LITTLE PEOPLE: Little People Room at Scituate Recreation. The Little People Program has been offered for twenty two years as an opportunity for friendships to evolve as two and three year old children, along with a parent or caregiver, share in music, dance, arts and crafts, and unstructured play. **Instructors: Kelly Lee & Kelly Arevian. 7 Weeks. Fee: \$82 per code**



TUESDAY LITTLE PEOPLE (No class 4/21)
(1471): April 14 – June 2, 2015 from 9:15 am to 10:30 am
(1472): April 14 – June 2, 2015 from 10:45 am to 12:00 pm

THURSDAY LITTLE PEOPLE (No class 4/23)
(1470): April 16 – June 4, 2015 from 9:15 am to 10:30 am
(1469): April 16 – June 4, 2015 from 10:45 am to 12:00 pm

LITTLE FRIENDS LUNCH BUNCH: Early Childhood Center at Wampatuck School. Need to run an errand or two and wish you had somewhere fun for your little one to go during that time? Well, we've got the perfect place. Little Friends Lunch Bunch is being offered as a drop-off program for children ages 3 to 5. Little Friends are welcome to bring a packed lunch and join us for lunch and supervised play with peers. We will also offer children the opportunity to get their creative juices flowing with an optional craft and play dough fun! Children must be toilet independent and all food must be nut free. No exceptions. 6/7 week sessions, **NO CLASS DURING APRIL VACATION WEEK (DROP OFF AND PICK UP FROM ECC CAN BE ARRANGED)** **Instructors: Kelly Lee and Jennifer O'Leary (No class 4/20, 4/22, 4/27, 4/29, 5/25)**



Mondays: April 13 – June 8, 2015 & Wednesdays: April 15– June 10, 2015
Mondays: (1473): 11:00 am – 12:00 pm (1475): 11:15 am – 12:15 pm Fee: \$65 per code
Wednesdays: (1474): 11:00 am – 12:00 pm (1476): 11:15 am – 12:15 pm Fee: \$75 per code

SPORT OF FENCING: Scituate Recreation Multi-Purpose Room. This instructional course will be offered to boys and girls, ages 8 and up. This course is for any person who wants to learn, practice, and improve all aspects of the sport. Footwork, blade work, and booting skills will be taught. **Instructor: Jim Mullarkey. 10 weeks (No class 4/23)**

Thursdays: April 2 - June 11, 2015

Fee: \$120

(1477): Beginner (no experience): 4:45 pm to 5:45 pm

(1478): Intermediate (1 year or less): 5:45 pm to 6:45 pm

(1479): Intermediate II (1 year or more) 6:45 pm to 7:45 pm



OLYMPIC ARCHERY: Scituate Recreation Multi-Purpose Room. Archery is fun! Learn Olympic Archery through a fun, safe and nationally recognized program. This program is a precursor to the JOAD program. Children will learn proper shooting technique and range safety. This program helps to build focus, patience and self-confidence. Focus is on individual achievement and fun games. All equipment is provided. **Instructor: David McCarthy, USAA,** is a certified instructor and owner of The Archery Center in Hingham. **Ages: 8-15 years old. Limited to 12 students/class. 6 weeks (No Class 4/24/15)**



Fridays: April 10 - May 22, 2015

Fee: \$110

(1480): 3:30 pm to 4:30 pm OR (1481): 4:30 pm to 5:30 pm

CO-ED VOLLEYBALL CLINIC (Grades 7 & 8): Gates Middle School Gym. Scituate High School has added a volleyball team! Learn the game now and be ready to compete in high school! Beginner and experienced players are welcome. Players will learn and develop basic volleyball skills and techniques, as well as the rules of the game. Volleyball teaches teamwork and communication. Be ready to learn, work hard and have fun. Sneakers and knee pads are required. If you have volleyball, please bring it! **NO EXPERIENCE NECESSARY. Coach: Patty Thompson.**

6 weeks (No class 4/20/15)

Fee: \$50

(1482): Mondays: April 6 – May 18, 2015 from 2:30 pm to 3:30 pm



MR. C'S INSTRUCTIONAL YOUTH SOCCER

'28th years & counting'

(Scituate Residents Only)



The Scituate Recreation Department, in cooperation with Constantine Constantinides, will hold an instructional soccer clinic for children Ages 5 & 6 years old. **(5 weeks) Children must be 5 years old and no older than 6 years 11 months by program start date, May 2nd, 2015.**

Saturdays from May 2nd through June 6th, 2015

(No game on Saturday, May 23rd, 2015)

Rain Date: June 13th, 2015 Location: Flannery Field

This clinic will be under the direction of Mr. 'C'. Parents' participation in the coaching and assisting coaching is essential to the program. All funds collected are for non-personnel expenses. Program is run 100% by volunteers.

(1483): Boys Teams

Fee: \$25

(1569): Girls Teams

Fee: \$25



SPECIAL OLYMPICS of Massachusetts (SOMA) TRACK & FIELD: Scituate High School Track.

Program for **Adults, Middle School, High School, and children over 8** who have been identified with a **learning disability or special needs**. We welcome Peer Role Models to act as “unified partners” to assist those SO athletes with training and competition. Program includes training in wheelchair, 25m assisted walk, 50 m - 1500 m run and race walk, turbo Javelin, long jump, softball throw, tennis ball throw. Program is designed to prepare athletes for **successful Regional Special Olympic (SOMA) competition** in May. All you need is sneakers, water bottle and a desire to run, jump, throw and have fun. **Parent Participation is welcome! Adult and High School Student**

Betsy Callanan and Sue Murray- SOMA certified Track & Field/Athletics Coach.

Volunteers needed - call 617-650-2026 –

Fee: FREE (must register)

(1484): Sundays + Tuesdays: March 22 – May 31, 2015

Sunday: 9:00 am to 10:00 am (SHS Track)

Tuesdays: 5:00 pm to 6:00 pm (SHS Quad)

Final meet: May 31st, 8:00 am – 1:00 pm (SHS Track)

WRESTLING CLINIC: Scituate High School Small Gym.



Wrestling: A fun and safe way to fulfill one’s drive and become skilled at the sport of champions. Wrestlers in both sessions will be separated according to size and ability. **Coach: Brian Robinson. 6 weeks.**

(No Class 4/20/15)

Mondays: April 6 – May 18, 2015

Fee: \$40 per code

(1580): Grades 1 – 5 from 6:30 pm to 7:15 pm

(1486): Grades 6 – 8 from 7:15 pm to 8:15 pm

CO-ED FUNDAMENTALS OF BASKETBALL (Grades 5-11) Gates Middle School Gym.



This program intends specifically to teach the fundamentals of basketball (shooting, passing and dribbling), offensive floor spacing as well as defensive positioning. WE WILL SHOOT A LOT. Proper SHOOTING fundamentals will be the focus of a majority of the 75 minute weekly clinic as well as learning to properly space the floor offensively and defensively. If you want to take the necessary steps to become a player and understand that acquiring basketball skills requires a determined long term plan then this basketball clinic is for you. Participants must be willing to have fun as they work hard, have great listening skills and be willing to practice on their own mastering the skills taught each week. Bring your own ball and a great attitude! Students will be divided into age appropriate groups.

Coach: Matt Poirier. 5 weeks. (No class 4/22) (1487): Wednesdays: April 8 – May 13, 2015, 6:30 pm to 7:30 pm, Fee: \$35

BEGINNERS TUMBLING W/ MISS TRACEY: Scituate Recreation’s Multi-Purpose Room This is an **8 week** tumbling program! Kids will learn basic stretching, drills, mat tumbling, somersaults, back rolls, cartwheels, and bridges. Props included are hula hoops, bean bags, and streamers! **Instructor: Tracey O’Brien**, certified by Test to Teach. She is a member of DMA and DTCB. **Ages 4 to 6 (No class 4/4, 4/25, 5/16/15).**

Saturdays: March 28 – June 6, 2015

(1488): 9:30 am to 10:30 am

Fee: \$90



ON YOUR TOES W/ MISS TRACEY: Scituate Recreation’s Multi-Purpose Room. These are **8 week** dance programs. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color. **Instructor: Tracey O’Brien**, certified by Test to Teach. She is a member of DMA and DTCB. **(No class 4/4, 4/25, 5/16/15)**



Saturdays: Saturdays: March 28 – June 6, 2015

(1489): Age: 2 10:30 am to 11:00 am Fee: \$50

(1490): Ages: 3-5 11:00 am to 12:00 pm Fee: \$90

GUITAR LESSON FOR KIDS WITH MATT BROWNE: Little People Room.



A one- hour a week program that includes an introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques for children ages 7 years to 14 years old. Instructor: Matt Browne has for 17 years been a favorite for guitar instruction in Scituate. Having taught hundreds here in Town, his instruction has expanded to ongoing workshop classes in several of the south shore schools. **8 weeks (No Class 4/21/15)**

(1491): Tuesdays: April 7 – June 2, 2015 from 4:30 pm to 5:30 pm

Fee: \$95

SCITUATE PLAY HOUSE

“Let’s put on a play!”

Our instructor, **Kathy Boluch**, a Massachusetts certified teacher, guides young actors through the experience of a lifetime! Here's a simple, classic approach to bring out the confidence in your actor. Respecting your actor's comfort zone, we present new friends from other schools and a remarkable experience! Miss Kathy Boluch is a Recipient of the 2014 Massachusetts Arts/Learning Distinguished Arts Educator In Theater Award, Massachusetts' Certified Visual Arts Teacher and faculty of Weymouth Chapman Middle School.

Parents are asked to provide their children’s costumes.

Please Note: No food or drink permitted in SHS Auditorium.

No Classes over April Break



(Grades K-2) Snow White (8 total meetings)

Rehearsals: SHS Multi-Purpose Room

Dress Rehearsal and Show: SHS Auditorium

Roles for 15 actors- (1646): Boys (max. 7) (1645): Girls (max. 8)

Auditions: Saturday: 3:00 pm – 4:00 pm (3/21)

Rehearsals: Saturdays: 3/21, 3/28, 4/11, 4/18, 5/2, 5/9 from 3:00 pm – 4:00 pm

Dress Rehearsal: Sunday May 10: 3:00 pm – 4:30 pm

Final Performance: Friday May 15: Shows starts at 5:00 pm

Fee: \$140

(Grades 3-6) The Little Mermaid (8 total meetings)

Rehearsals: Location TBD

Dress Rehearsal and Show: SHS Auditorium

Roles for 15 actors- (1648): Boys (max. 7) (1647): Girls (max. 8)

Auditions: Wednesday: 4:00 pm – 5:30 pm (3/21)

Rehearsals: Wednesdays: 3/25, 4/1, 4/8, 4/15, 4/29, 5/6, 5/13 from 4:00 pm – 5:30 pm

Dress Rehearsal: Sunday May 10th: 4:30 pm – 6:00 pm

Final Performance: Saturday: May 16th Actors arrive at 6:00 pm. Show starts at 7:00 pm

Fee: \$180

HOME ALONE STAYING SAFE for KIDS: Multi-Purpose Room. This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic and interactive three-hour class is serious business made fun. Held on a Scituate Public Schools half day.

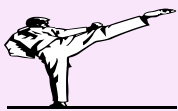
(1492): Monday: May 4, 2015 from 1:00 pm – 4:00 pm

Fee: \$55 per participant



DON'T FORGET TO
LIKE US ON FACEBOOK,
Town of Scituate
Recreation Department





Pan Gai Noon (Half Hard Half Soft)
Adult + Children's KUNG FU & TAI CHI



The Pan Gai Noon School has been in Scituate for 30 years! Under the direction of Sifu Cole Hawkins.

We offer a core program with three martial art styles laced together: (Uechi Ryu Karate, Bak Sil Lum (Northern Shoalin) & Praying Mantis Kung Fu. We also offer traditional Tai Chi. These arts and athletic activities are practiced by millions of people around the world and offer a complete self-defense and physical conditioning experience.

There are classes for all ages 6+ boy or girl as well as seniors.

EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE): Multi-Purpose Room

Classical Kung Fu for the adult and teen (14 and up) to build strength, stamina and energy. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Traditional Karate and Kung Fu moves are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome! **9 weeks. (No Class 4/22/15)**

(1493): Wednesdays: April 15 – June 17, 2015 from 6:00 pm - 7:30 pm

Fee: \$118

TAI CHI – INTERNAL ARTS: Multi-Purpose Room

This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called Chi Kung (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit.

9 weeks. (No class 4/21/15)

(1494): Tuesdays: April 14 – June 16, 2015 from 6:00 pm - 7:30 pm

Fee: \$145

CHILDRENS KUNG FU 6-9 YEAR OLDS I: Multi-Purpose Room

For beginners, this is a fun, structured introduction to the formal training of Kung Fu Karate. Builds self-esteem, balance, basic motor and listening skills, while helping students develop a love of movement and exercise. Class includes stretching, cardio, games, and Kung Fu instructional periods. **9 weeks (4/20, 5/25/15)**

(1495): Mondays: April 6 – June 15, 2015 from 4:50 pm - 5:50 pm

Fee: \$85

CHILDRENS KUNG FU 6-9 YEAR OLDS II: Multi-Purpose Room

For the student who has completed one or more sessions. This class advances on to more individual and small group attention. Learning how to defend themselves and build confidence with respect to others. Following traditional Kung Fu / Karate practises and incorporating fun games and obstacle courses.

Instructor: Cole Hawkins. 9 weeks. (No class 4/21/15)

(1509): Tuesdays: April 14 – June 16, 2015 from 4:50 pm - 5:50 pm

Fee: \$85

JUNIORS KUNG FU 10-13 YEAR OLDS: Multi-Purpose Room

Mixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. **Instructor: Cole Hawkins. 9 weeks. (No Class 4/22/15)**

(1510): Wednesdays: April 15 – June 17, 2015 from 4:50 pm – 5:50 pm

Fee: \$85

ADULT FITNESS, SAFETY, & SPORTS PROGRAMS

ALL LEVELS OF FITNESS AND ABILITY ARE WELCOME!

ADULT TENNIS: Scituate Racquet and Fitness Club. During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play. **8 weeks**
(No class 4/3, 4/24/15) (1511): Fridays: March 20 – May 22, 2015 from 12:00 pm - 1:00 pm Fee: \$110



ZUMBA: Monday: Scituate Recreation's Multi-Purpose Room/Thursday: LOCATION TBD The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. *Mondays only include 1 hour of Zumba and 15 minutes of Zumba toning w/ light weights. Certified Zumba Instructor: Sandy Guyette. 10 weeks.
(No class 4/20, 4/23 5/25,)

(1512): In the MPR, Mondays: April 6 – June 22, 2015 from 6:30 pm to 7:45 pm Fee: \$68

(1513): In the SHCB, Thursdays: April 9– June 18, 2015 from 10:15 am to 11:15 am Fee: \$58

EXERCISE BALL WORKOUT WITH WEIGHTS: Scituate Recreation's Multi-Purpose Room. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout.
Instructor: Sarah Lannon. 10 weeks. (No class 4/5, 4/23/15)



(1514): Thursdays: March 26 – June 4, 2015 from 8:45 am - 9:45 am

(1515): Sundays: March 29 – June 7, 2015 from 8:00 am - 9:00 am Fee: \$60 per code

SCITUATE STATIONARY CYCLING

Scituate Recreation's Multi-Purpose Room at Scituate High School.

Get in shape the FAST and AFFORDABLE way! Our cycling program offers the best, certified instructors on state of the art Schwinn cycles accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town! (*We DO meet holidays and vacation week*) Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert, Nicole Bonomi



CRANK OF DAWN (10 weeks) Fee: \$85 per code

(1516): Monday 4/27 – 6/29/15, 5:45 am to 6:45 am: Maggie

(1517): Tuesday 4/28 – 6/30/15, 5:45 am to 6:45 am: Maggie



SPIN (10 weeks) Fee: \$85

(1518): Wednesdays 4/29 – 7/1/15, 9:15 am to 10:15 am: Maggie

SCITUATE CYCLESTRONG (10 weeks) Fee: \$85

(1519): Fridays 5/1 – 7/3/15, 9:15 am to 10:30 am: Maggie

CHAIN REACTION (10 weeks) Fee: \$85

(1520): Wednesday 4/29 – 7/1/15, 4:00 pm to 5:00 pm: Erin

CYCLE 60 (10 weeks) Fee: \$85

(1521): Thursday 4/30 – 7/2/15, 6:00 am to 7:00 am: Nicole

BEGINNER CYCLE CLASS (10 Weeks) Fee: \$75

(1522): Monday 4/27 – 6/29/15, 5:30 pm to 6:15 pm: Sarah

INTERVAL CYCLING (10 Weeks) Fee: \$85 per code

(1523): Monday 4/27 – 6/29/15, 6:30 pm to 7:30 pm: Sarah

(1524): Wednesday 4/29 – 7/1/15, 6:30 pm to 7:30 pm: Sarah

THE ZONE (10 weeks) (No class 7/4) Fee: \$85

(1525): Saturday 5/2 – 7/11/15, 7:30 am to 8:30 am: Alternates

SAFETY PROGRAMS

BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE:

Instructor: Ed Gibbons. Location: Maritime Center on Edward Foster Rd. (Former Scituate Assistant Harbormaster/ Current Scituate Police Officer)

(1526): Monday June 8th, Wednesday 10th, Friday 12th, and Saturday 13th

MWF 5:00-8:00, Saturday 9:00-12:00

Fee: FREE (Please Register Online)



AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D.

Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.

(1527): Thursday April 9, 2015 at 7:00 pm

Fee: \$65



AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D.

Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.

(1528): Thursday June 4, 2015 at 7:00 pm

Fee: \$60

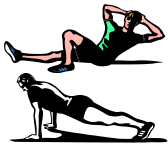


FIRST AID: Scituate Fire Station on 149 First Parrish Rd. Instructor: Mark Donovan

(1529): Thursday May 7, 2015 at 7:00 pm

Fee: \$60

BOOT CAMP FITNESS CLASS: All levels of fitness welcome! Scituate High School Track. Cardio and muscular conditioning drills and outdoor fitness games. Medicine balls, jump ropes, lunges, squat thrusts, bleachers and hills are all utilized for interval training. Learn how exercise can be FUN in this total body workout! We meet rain or shine - bring your water! **Instructors: Jen Rooney and Suzy Murray. 11 weeks. (No class 4/20, 4/22, 4/25, 5/23, 5/25, 7/4)**



Fee: \$65 per code

(1530): Mondays: April 13 – July 6, 2015 from 6:00 am – 7:00 am

(1531): Wednesday: April 15 – July 1, 2015 from 6:00 am – 7:00 am

(1532): Saturdays: April 11 – July 11, 2015 from 7:30 – 8:30 am

ADULT YOGA: Location TBD. Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. Bring your yoga mat. **Instructor: Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher. 10 weeks (No class 4/23/15)**

(1533): Thursdays: March 26 – June 4th, 2015 from 9:00 am - 10:00 am

Fee: \$80

GENTLE POWER YOGA: Location TBD. This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration.

Instructor: Leslie Payne, CYT. 10 weeks. (No class 4/21, 4/23/15)

Fee: \$80 per code

(1534): Tuesday mornings: March 31 – June 9, 2015 from 8:15 am - 9:15 am

(1535): Thursday evenings: March 26 – June 4, 2015 from 7:00 pm - 8:00 pm



PILATES: Location TBD. Pilates uses a balanced approach of mat exercises that focuses on your core muscles while utilizing every muscle in your body. You will gain strength and flexibility, improve your posture, engage your mind, reduce your stress, and create long, lean muscles without bulking up. Please bring a mat.

10 weeks (No class 4/22, 4/23/15)

Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher.

(1536): Wednesdays: March 25 – June 3, 2015 from 7:00 pm - 8:00 pm

(1537): Thursdays: March 26 – June 4, 2015 from 7:45 am - 8:45 am

Fee: \$70 per code



RESTORE THE CORE: Location TBD. This progressive mat class focuses on form and function, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment. This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water to class. **10 weeks.**

(No class 4/3, 4/20, 4/21, 4/24, 5/25, 5/29/15) Instructor: Denyce Holley, AFAA Certified

(1538): Mondays: March 30 – June 15, 2015 from 7:00 pm - 8:00 pm (10 weeks) Fee: \$65

(1539): Tuesdays: March 31 – June 16, 2015 from 9:30 am - 10:30 am (11 weeks) Fee: \$70

(1540): Fridays: March 27 – June 19, 2015 from 8:45 am – 9:45 am (11 weeks) Fee: \$70



Master Fit (Ages 50+): Scituate Lighthouse. This 1 hour workout involves repetitive 5 minute intervals consisting of 4 minutes cardio & 1 min strength/range of motion calisthenics. Rest when you need to and work at your own pace. Modifications for all abilities. **10 weeks. (No class 4/21) Instructor: Betsy Callanan**
(1649) Tuesdays: April 7 – June 16, 2015 from 9:00 am to 10:00 am. Fee: \$60

MEN'S OVER 35 BASKETBALL: Gates Middle School Gym. Tuesday and Thursday nights, schedule

<u>Tuesdays</u>	<u>12/02/14 - 3/10/15</u> 7:30 pm - 9:00 pm	<u>3/17/15 - 5/19/15</u> 7:00 pm - 9:00 pm	Please note: This program follows the school calendar and does not run during school vacations, holidays or on snow days. MEN'S BBALL CHECKS PLEASE WRITE OUT TO FRIENDS OF SCITUATE RECREATION: FEE: \$100
<u>Thursdays</u>	<u>12/04/14 - 3/12/15</u> 7:30 pm – 9:00 pm	<u>3/19/15 - 5/21/15</u> 7:00 pm – 9:00 pm	



SCITUATE RECREATION GOLF PROGRAMS

Widow's Walk Golf Course

MORE ADULT GOLF CLASSES LOCATED IN SUMMER PROGRAM



INTRODUCTORY ADULT GOLF (Ages 18+): This introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting, and full swing mechanics. We will also touch on golf course orientation, rules, and etiquette. The course is tailored to the beginner golfer. Student: Teacher ratio is 8:1.

Tuesdays: April 28 – May 26 (Rain date June 2nd)

Fee: \$85 per code

(1541): 5:30 pm – 6:30 pm

(1542): 6:30 pm – 7:30 pm

Thursdays: April 30 – May 28 (Rain date: June 4th)

(1543): 11:00 am – 12:00 pm

INTERMEDIATE ADULT SHORT GAME SERIES (Ages 18+): This intermediate lesson series consists of (5) one hour sessions. Tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: putting, chipping, pitch shots, green side sand shots, and trouble chips, and review. Student: Teacher ratio is 6:1

Thursdays: April 30 – May 28 (Rain date June 4th)

Fee: \$105

(1544): 6:30 pm – 7:30 pm

INTERMEDIATE ADULT FULL SWING SERIES (Ages 18+): This intermediate lesson series consists of (5) one hour sessions. Tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: swing fundamentals, ball flight laws, iron play, wood play, and review. Student: Teacher ratio is 6:1

Thursdays: April 30 – May 28 (Rain date June 4th)

Fee: \$105

(1545): 5:30 pm – 6:30 pm



21st ANNUAL EGG HUNT



Sponsored by the

Friends of Scituate Recreation

Saturday, April 4th, 2015 10:00

am at Widow's Walk Golf Course

Children ages 3 through 6 (Must

be accompanied by an adult) NO

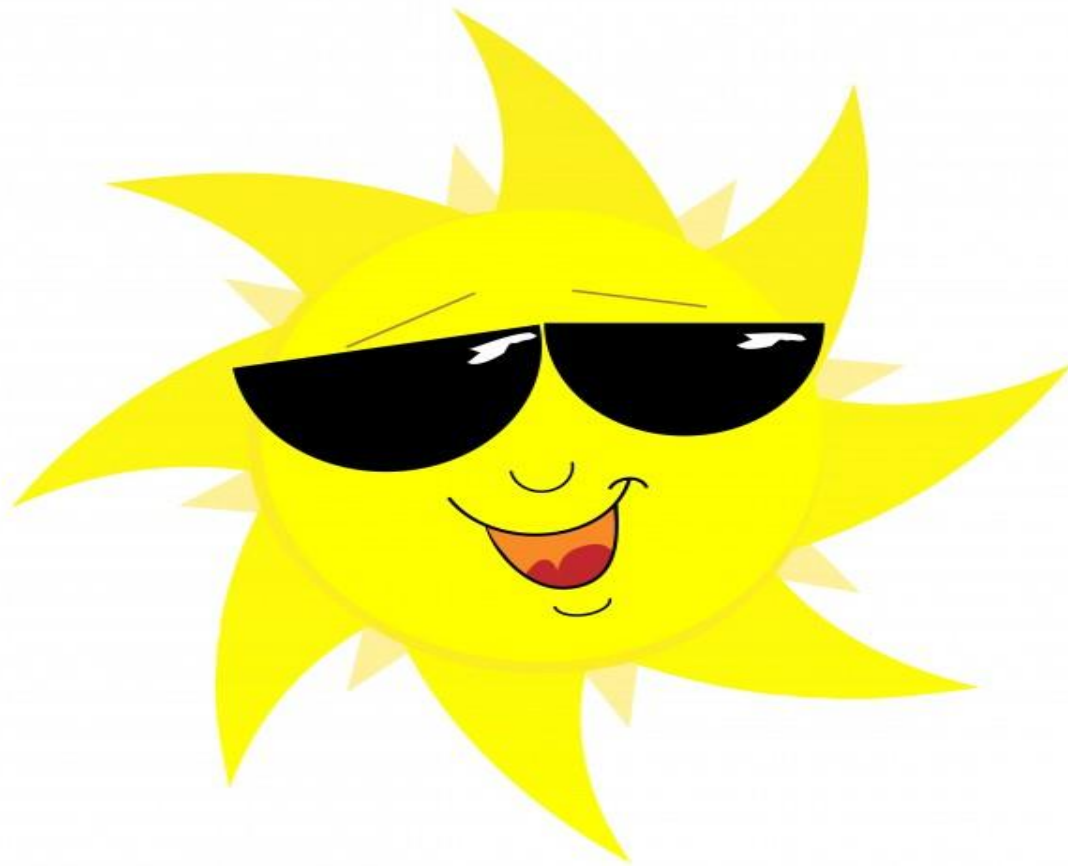
REGISTRATION REQUIRED!

Bring your basket and get ready

for FUN and a surprise visitor!



TOWN OF SCITUATE **RECREATION DEPARTMENT**



SUMMER PROGRAM 2015

Registration Begins: Monday, April 6th 2015, 7:00 pm

Due to the inclement weather, the June 29th start date/fee for the first sessions of Little People, Morning Adventure, & Young People is subject to change. Please follow us on Facebook and the Scituate Town Website for all updates.

SCITUATE SUMMER RECREATION:

**Philosophically, the following programs have three primary goals:
To Nurture, to Enrich and to have Fun!**

LITTLE PEOPLE SUMMER PROGRAM: Scituate Recreation's Little People Room (our room is air conditioned) at Scituate High School. Director: **Kathleen McCarthy** and staff will run this program. (Ratio 1:3) This program focuses on creative enrichment for the **3- to 5-year-old toilet independent child**. This is a drop-off program; parents do not stay with their child. Little People will meet from 8:45 A.M. to 11:45 A.M. each morning. Participants may choose from two 2-day programs, either Monday/Wednesday OR Tuesday/Thursday or all 4 days. The daily schedule includes water fun, arts and crafts, story time, age appropriate games and trips to the Sea Side Fun Playground. Low participant to counselor ratios ensure a pleasurable environment for each child. Special performances are held every week. Each day has a different theme; no two days are the same. There will be two 3- week sessions. Participants should bring a snack and water bottle. Fee includes t-shirt and all activities.

Session I: June 29 through July 16, 2015

(1546): Monday & Wednesday 8:45 am – 11:45 am

Fee: \$180 per participant

(1547): Tuesday & Thursday 8:45 am – 11:45 am

Fee: \$180 per participant

***For a full week, enroll in both codes**

Session II: July 20 through August 6, 2015

(1548): Monday & Wednesday 8:45 am – 11:45 am

Fee: \$180 per participant

(1549): Tuesday and Thursday 8:45 am – 11:45 am

Fee: \$180 per participant

***For a full week, enroll in both codes**

MORNING ADVENTURE CLUB: Scituate Recreation's Multi-Purpose Room (our room is air conditioned) in Scituate High School. Director **Trevor Schattgen** and his staff will facilitate this program. (Ratio: 1:6). This is a program for the **Kindergartener (Must be age 5 by August 31, 2015) through Third Grade** child who is looking for a fun-filled structured day. The program runs three mornings a week (Mon, Tues, and Wed., from 9 A.M. to noon) and one full day (Thursday, 9 A.M. to 2:00 PM). The extended day on Thursday is to allow for age appropriate field trips. Field trips include South Shore fun spots. Regular program days are filled with music, games, dramatic play and arts and crafts. Also, we will be joined weekly with special guests. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Fee includes t-shirt and all activities.

(1550): Session I: June 29 through July 16, 2015

Mon, Tues, Wed. 9:00 am – 12:00 pm

Thurs. 9:00 am – 2:00 pm

Fee: \$350 per participant

(1551): Session II: July 20 through August 6, 2015

Mon, Tues, Wed. 9:00 am – 12:00 pm

Thurs. 9:00 am – 2:00 pm

Fee: \$350 per participant

YOUNG PEOPLE DAY PROGRAM: Scituate Recreation's Multi-Purpose Room (our room is air conditioned). Director: **Brian Hurcombe** and his staff will facilitate this program (Ratio: 1:7). This fun-filled program is for children entering **first through sixth grade**. It meets for five full days per week. The program features a beach excursion each Wednesday to Humarock Beach, as well as a field trip each Friday. Regular program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. Also, there will be weekly special performances. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Participants should bring a snack, lunch and a water bottle. Fee includes t-shirt and all activities.

(1552): Session I: June 29 through July 17, 2015

Monday - Friday 9:00 am - 2:00 pm

Fee: \$460 per participant

(1634): Session II: July 20 through August 7, 2015

Monday - Friday 9:00 am - 2:00 pm

Fee: \$460 per participant

NEW! COACH MIKE'S GAMEDAY SPORTS ADVENTURE: Scituate Recreation. Students entering grades 6th through 9th will participate in this sports program filled with a variety of sports activities and exciting field trips. Wednesday and Friday will be on site sports activities and tournaments. Thursday's are field trip days with extended hours. The participants will compete in various games each morning, but every day will feature a different sports tournament the kids will compete in such sports as: soccer, flag football, whiffle ball, dodge ball, street hockey, basketball, and Jr. Olympics. Certificate awards will be given out and the teams will be different each event. Potential field trips visits include PawSox, rock climbing, kayaking, paintball. **Wednesday & Friday (on-site) 9:30 am to 2:30 pm /Thursday (field trip day) 9:30 am to 2:30 pm (Potential EXTENDED hours due to field trips.**

(Detailed schedule to follow)

(Wed, Thurs, Fri)

(1554): July 15 - July 24, 2015

(1555): July 29 - August 7, 2015

Fee: \$220 per participant/code

CORSE ALL-STARS PROGRAMS

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated. This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations.

ALL-STARS SUMMER EXTREME (AGES 11-16): SHS Small Gym. Participants in this one week program will enjoy a variety of activities that are geared towards facilitating fun-filled, age appropriate social interactions. This program will be a combination of summer field trip excursions and on-site group activities including sports, gym activities, arts & crafts, etc. Participants should bring a snack, lunch, extra drinks and sun lotion. Fee includes t-shirt and all activities.

(1556): August 10 through August 14, 2015 (Mon-Fri, 8:30 am to 1:30 pm) Fee: \$260 per participant

ALL-STARS SUMMER YOUTH PROGRAM (AGES 6-10): Scituate Recreation's Multi-Purpose Room (our room is air conditioned). This popular one week camp is held in a structured professionally supervised setting to create an environment where children will have a fun, successful experience while participating in a variety of sports, gym activities, arts & crafts, water-play, story time, etc. We will be joined with special guests and performers as well as field trips for the kids to enjoy! Each day has a different theme; no two days are the same! Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities.

(1557): August 10 through August 14, 2015 (Mon-Fri, 8:30 am to 1:30 pm) Fee: \$260 per participant

ALL-STARS MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA: Marine Park (Edward Foster Road) Along with the Scituate C.O.R.S.E. Foundation, we are sponsoring Maritime Adventures, an innovative water sports program. This program is open for children 6 - 22 years of age. During the week-long camp, the athletes will build skills in adaptive windsurfing; Hawaiian outrigger canoeing, sailing and stand-up paddling. The week will culminate on Friday with a team outrigger canoe race. This camp will provide specialized instructors and equipment from AccessPort America, www.accessportamerica.org. Participating students can be non-ambulatory, non-verbal and do not need to know how to swim. If the weather is simply intolerable, we will run a conditioning and soccer clinic during that session time. CORSE sponsored programs have a 3:1 (student to staff) ratio. Department Registration guidelines are as follows: 75% of slots are reserved for children receiving special education services (on an IEP or 504 plan). These slots will remain reserved until June 1st. After June 1st, it is a first come, first serve basis for registration. For the 25% slots not reserved, these slots are open to any child, regardless of need. Slots will be filled first come, first served.

SEE DATES AND TIME ON NEXT PAGE.

MARITIME ADVENTURES: FEE: \$155 per participant

July 20 through July 24, 2015 (12 spots per time slot)

(1558), (1559): 10:00 am to 11:30 am

(1560), (1561): 11:45 am to 1:15 pm

(1562), (1563): 2:00 pm to 3:30 pm

(1564), (1565): 3:45 pm to 5:15 pm



NAUTICAL MILE (TRACK CLUB): Scituate High School Track. A track program designed to prepare runners **grades 3-9**. All abilities welcome. The program will be designed to help improve the fitness level of young athletes seeking to compete in XC and track, as well as other fall sports such as soccer, field hockey and more. Workouts will include a variety of training approaches from interval training, aerobic endurance runs, tempo runs and both dynamic and static stretching warm ups and cool downs prior and post exercise. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning. Coach: Brian Stewart. **8 weeks (No rain make-ups)**



(1566): Mondays & Wednesdays: June 22 - August 12, 2015 from 5:30 pm to 6:45 pm

Fee: \$100 per participant

WRESTLING: OPEN MAT: Scituate High School Small Gym. This is a great opportunity for all local Middle and High School Wrestlers to get in a good workout, advance their skills and have some fun. Sessions will begin with a quick warm up. Attendees will be grouped as closely as possible by weight & age. The wrestlers in each group will wrestle a round robin pattern in one, two or three minute rounds. **Maximum number of participants: 20. Ages: at least 12 but less than 19. Coach Brian Robinson. 5 weeks (No class 7/27/15)**

(1567): Mondays: July 6 - August 10, 2015 from 5:30 pm to 6:30 pm Fee: \$30 per participant

CO-ED SUMMER VOLLEYBALL CLINIC (Grades 3rd-5th): Gates Middle School Gym

Join the newest sport to come to Scituate and get pumped to bump, set and spike! Participants will have fun learning basic volleyball techniques and skills such as passing, setting, hitting, blocking, and more! Be ready to learn the game, work hard and have fun! Sneakers and knee pads are required. **NO EXPERIENCE NECESSARY.**

Coaches: Jennifer Harris & Patty Thompson

(1635): Monday through Thursday: July 13-16th from 12:30 pm - 2:30 pm Fee: \$60 per participant



(Grades 6-8): Gates Middle School Gym

The focus will be on skill development and game-play fundamentals: passing, setting, hitting, blocking, and more! Volleyball teaches teamwork and communication; and develops reflexes, strength, and core conditioning. Sneakers and knee pads are required. **NO EXPERIENCE NECESSARY.**

(1636): Monday through Thursday: July 13-16th from 9:00 am - 12:00 pm Fee: \$85 per participant

DONATO BROTHERS STREET HOCKEY SKILLS CLINIC: Come learn from the BEST! This hockey stick handling and development clinic is run by NHL Boston Bruins 2014 2nd Round Draft Pick Ryan Donato. Bring your roller blades, helmets, gloves, & sticks. This is a great opportunity to acquire and improve your skills. Don't miss out! Please get your registrations in ASAP! **(AGES 8-14; Grouped accordingly)**



(1570), (1568)

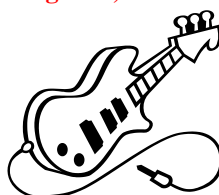
DATES/TIMES TBD

Fee: \$95 per participant

GUITAR LESSONS FOR KIDS WITH MATT BROWNE: Little People Room at Scituate High School

SEE SPRING PROGRAM OR CLASS DESCRIPTION Instructor: Matt Browne. 8 weeks. Fee: \$95

(1637): Tuesdays: June 16 – August 4, 2015 from 4:30 pm to 5:30 pm



CO-ED BASKETBALL CLINIC: **SHS Large Gym.** For the fourteenth year, we will offer this instructional clinic to both boys and girls. It is for any player who wants to learn, practice and improve all aspects of their game. Basic individual offensive and defensive skills will be taught. Players will be placed on teams and will compete against players of similar ability. All participants are expected to understand that it will be a challenging week intended to teach all facets of basketball. Bring a lunch and a good attitude. **Coach: Matt Poirier** assisted by the best basketball coaches on the South Shore, as well as great guest speakers every day.

FOUR DAY PROGRAM

(1571): Grades 3 & 4 Mon, Tue, Thurs & Fri. 7/6 -7/10/15 from 8:00 am – 2:00 pm **Fee: \$170 per participant**

FIVE DAY PROGRAM

(1572): Grades 5 & 6 Mon. - Friday 7/20 – 7/24/15 from 8:00 am - 2:00 pm **Fee: \$210 per participant**

(1573): Grades 7 - 12 Mon. - Friday 7/27 – 7/31/15 from 8:00 am - 2:00 pm



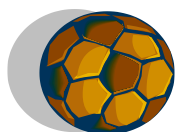
CO-ED SOCCER CLINIC: **Scituate High School Turf Field.** This is a one-week instructional soccer clinic.

Participants will be taught the fundamentals of soccer including: dribbling, heading, kicking, passing, trapping, goal tending and basic soccer rules. **Debbie Beal** and assistants will run the clinics. Participants should bring a snack, lunch, sunscreen and water bottle.

Monday through Friday: July 13 through July 17, 2015

(1574): Grades K-5 8:00 am - 11:30 am

Fee: \$90 per participant



SUMMER BASEBALL CLINIC: **Scituate High School Baseball Fields.** Our Baseball clinic is committed to the proper training and fundamentals of the great game of Baseball. It is our goal that when you leave one of our clinics that you not only leave being a better baseball player but a better person overall. Our instructors teach first and coach second. Our philosophy will always emphasize the correct mechanics and fundamentals but will never forget about how much fun the game of Baseball really can be! Varsity Baseball Coach, **Coach Parkins** along with the Scituate High School baseball coaches will run the clinic. Please bring a snack, lunch and a great attitude ready to play the game of baseball.

Monday through Friday

(1575): Grades 3-5: July 13 – July 17, 2015 from 8:00 am – 1:00 pm

Fee: \$140 per participant

(1576): Grades 6-9: August 10 – August 14 from 8:00 am - 2:00 pm

Fee: \$165 per participant



FIELD HOCKEY CLINIC: **Scituate High School Turf Field.** This is a three- day field hockey clinic this summer, run by the high school field hockey coaches along with current varsity players. This clinic is open to all students entering 5th through 9th grade. Participants will develop basic Field Hockey skills and techniques along with learning the rules of the game. Participants will need to bring a stick, shin guards, cleats, a mouth guard, water, and a snack. In the event of rain please also bring a pair of sneakers. A limited amount of sticks are available if needed. **Instructed by Scituate Varsity Coach Sarah Paster and JV Coach Shawna Burkhardt.**

(1577): Wednesday through Friday, June 24 - June 26, 2015 4:00 pm to 7:00 pm

Fee: \$90 per participant

SPORT OF FENCING: **Scituate High School Cafeteria.** This instructional course will be offered to boys and girls (grade 1 and up). This course is for any person who wants to learn, practice, and improve in all aspects of the sport. Footwork, blade work, and bouting skills will be taught. **Instructor: Jim Mullarkey.**

Monday through Friday: July 20 through July 24, 2015

(1578): Beginner (no experience):

8:00 am - 10:00 am

Fee: \$120 per participant

(1579): Intermediate (1 yr. or less of instruction)

10:00 am - 12:00 pm

(1581): Intermediate II (1 yr. + of instruction)

12:30 pm - 2:30 pm



GOLF PROGRAMS **For Children, Teens!**



INTRODUCTORY JUNIOR GOLF PROGRAM: Widow's Walk, Golf Course. (AGES 8-14) This is an introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching, and the full swing. A skills competition will complete each session. The mission of the program is to provide exposure to the game of golf with age appropriate skills development and rules and etiquette instruction, as well as rewarding accomplishment and participation in an enjoyable atmosphere. The development of enthusiasm and love for the game of golf is the benchmark used to judge the success of the program. **Sub-grouped by age and/or request. Student: Teacher ratio- 8:1.**

Limited to 32 participants per session.

Tuesdays: June 30, July 7, 14, 21 (Rain date – July 28)
(1538): 11:15 am – 1:00 pm

Tuesdays: August 4, 11, 18, 25 (Rain date – September 1)
(1586): 11:15 am – 1:00 pm

Fee: \$85 per participant

INTERMEDIATE JUNIOR GOLF PROGRAM: Widow's Walk Golf Course. (AGES 9-15) This program is a continuation of the introductory program with a more technical instructional approach. A skills competition will complete each session. The mission of the program is to provide an environment for motivated students to advance their golf games to a higher level. This program will continue to foster enthusiasm with the addition of new material and less distractions from unmotivated students. Prerequisite: Successful completion of an Introductory Junior Program with an above average level of skill and motivation. **Student: Teacher ratio- 8:1. Limited to 32 participants per session.**

Tuesdays: June 30, July 7, 14, 21 (Rain date – July 28)
(1583): 9:00 am - 10:45 am

Tuesdays: August 4, 11, 18, 25 (Rain date – September 1)
(1584): 9:00 am - 10:45 am

Fee: \$85 per participant

BEGINNERS TUMBLING W/ MISS TRACEY (Ages 4 to 6): Scituate Recreation's Multi-Purpose Room **SEE SPRING PROGRAM FOR CLASS DESCRIPTION.**

8 week Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB.

(1639): Saturdays: July 11 through August 29, 2015

9:30 am to 10:30 am Fee: \$90 per participant



ON YOUR TOES W/ MISS TRACEY: Scituate Recreation's Multi-Purpose Room **SEE SPRING PROGRAM FOR CLASS DESCRIPTION.**

8 week Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB.

Saturdays: July 11 through August 29, 2015 (8 weeks)

(1640): Age: 2, 10:30 am to 11:00 am Fee: \$50 per participant

(1641): Ages: 3-5, 11:00 am to 12:00 pm Fee: \$90 per participant



SUMMER KRAFT TIME: Scituate High School Teacher's Lounge (inside SHS cafeteria) Parents, here is the perfect solution to the 'dog days of summer' when kids are looking for something to do! Join us for a fun and stimulating arts and crafts program for boys and girls registered for Kindergarten - 6th Grade. Children will enjoy creating a variety of 'hands-on' craft items; each day of the 4-day workshop will focus on different themes. So, allow us to do the clean up and let your child not only show their creative side but also, make new friends while indulging in beads, paint, glue, glitter and more! All materials and supplies included. Participants should bring a snack and water bottle.

Instructor: Cheryl DiTommaso

(1588): Monday through Thursday: August 10 - August 13, 2015 from 10:00 am to 12:30 pm

Fee: \$100 per participant



SCITUATE PLAY HOUSE "ONE-WEEK" SUMMER PROGRAM

Our Summer 5-Day Play!

Ideal for actors grades 3-8. It's only 5 days, but it's the best week of the summer. Because in just one week, this student-driven acting program lets you dive into all aspects of theater. Laugh with new friends and be part of something that's created by you. Yes, it's intense -- acting, singing and dancing, but the Friday night performance on the SHS stage is awesome. From Monday thru Friday, join a remarkable cast and play a big role in a one-of-a-kind experience. This is your chance to shine, contribute, and make our show the best time you'll have all summer. The whole town looks forward to seeing our summer show! Written & Directed by Miss Kathy Boluch. **Please note: There is no parent involvement**
Food and drink are not permitted in the SHS auditorium.



(1589): 10 male roles/ (1590): 15 female roles, Fee: \$235.00 per actor

Auditions: Saturday (Scituate Rec Multi-Purpose Room) 6/20/15: 1:30 pm to 4:30 pm

Casting Results: By June 30. Actors have 7 weeks to memorize their lines.

Rehearsals: Monday through Friday (SHS Auditorium) 8/10– 8/13/15 from 9:00 am to 3:00 pm

Dress Rehearsal & Performance Friday (SHS Auditorium) 8/14/15

Friday Dress Rehearsal: 9:00 am to 12:00 pm (Early pick-up Day)

Actors Return: 6:00 pm

Final Performance: 7:00 pm



Pan Gai Noon (Half Hard, Half Soft)

KUNG FU + TAI CHI



The Pan Gai Noon School has been in Scituate for 30 years! Under the direction of Sifu Cole Hawkins.

We offer a core program with three martial art styles laced together: (Uechi Ryu Karate, Bak Sil Lum (Northern Shoolin) & Praying Mantis Kung Fu. We also offer traditional Tai Chi. These arts and athletic activities are practiced by millions of people around the world and offer a complete self-defense and physical conditioning experience.

There are classes for all ages 6+ boy or girl as well as seniors.

Classes are located in Scituate Recreation's Multi-Purpose Room

EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE)

SEE SPRING PROGRAM FOR CLASS DESCRIPTION

(1591): Wednesdays, 10 weeks: July 8 through September 9, 2015 from 6:00 pm-7:30 pm

Fee: \$130

TAI CHI – INTERNAL ARTS

SEE SPRING PROGRAM FOR CLASS DESCRIPTION

(1592): Tuesdays, 10 weeks: July 7 through September 8, 2015 from 6:00 pm-7:30 pm

Fee: \$160

CHILDRENS KUNG FU 6-9 YEAR OLDS I

SEE SPRING PROGRAM FOR CLASS DESCRIPTION

(1593): Mondays, 10 weeks: July 6 through September 14, 2015 from 4:50 pm-5:50 pm

Fee: \$94

CHILDRENS KUNG FU 6-9 YEAR OLDS II

SEE SPRING PROGRAM FOR CLASS DESCRIPTION

(1594): Tuesdays, 10 weeks: July 7 through September 8, 2015 from 4:50 pm-5:50 pm

Fee: \$94

JUNIORS KUNG FU (KARATE) 10-13 YEAR OLDS

SEE SPRING PROGRAM FOR CLASS DESCRIPTION

(1595): Wednesdays, 10 weeks: July 8 through September 9, 2015 from 4:50 pm –5:50 pm

Fee: \$94



GOLF PROGRAMS **For Adults!**



INTRODUCTORY ADULT GOLF: Widow's Walk Golf Course (ages 18 and over) Student to teacher ratio 8:1. This introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting, and full swing mechanics. We will also touch on golf course orientation, rules, and etiquette. The course is tailored to the beginner golfer. **5 weeks**

Thursdays: June 11, 18, 25 & July 2, 9 (Rain date -July 16)

(1596): 5:30 pm – 6:30 pm

(1642): 6:30 pm – 7:30 pm

Mondays: July 27, August 3, 10, 17, 24 (Rain date – August 31)

(1643): 6:30 pm – 7:30 pm

Fee: \$85 per participant

INTERMEDIATE ADULT SHORT GAME SERIES: Widow's Walk Golf Course (ages 18 and over)

Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following golf topics: Putting, Chipping, Pitch shots, Green Side Sand Shots, and Trouble Chips & Review. **5 weeks**

Mondays: June 1, 8, 15, 22, 29 (Rain date –July 6)

(1644) 5:30 pm – 6:30 pm

Fee: \$105 per participant

INTERMEDIATE ADULT FULL SWING SERIES: Widow's Walk Golf Course (ages 18 and over)

Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: Swing fundamentals, Ball Flight Laws, Iron Play, Wood Play, & Review. **5 weeks**

Mondays: June 1, 8, 15, 22, 29 (Rain date -July 6)

(1599): 6:30 pm – 7:30 pm

Thursdays: June 11, 18, 25 & July 2, 9 (Rain date –July 16)

(1602): 11:00 am – 12:00 pm

Mondays: July 27, August 3, 10, 17, 24 (Rain date –August 31)

(1601): 5:30 pm – 6:30 pm

Fee: \$105 per participant

ADULT HEALTH AND FITNESS

BOOT CAMP FITNESS CLASS: All levels of fitness welcome! Scituate High School Track. Cardio and muscular conditioning drills and outdoor fitness games. Medicine balls, jump ropes, lunges, squat thrusts, bleachers and hills are all utilized for interval training. Learn how exercise can be FUN in this total body workout!



We meet rain or shine - bring your water! **Instructors: Jen Rooney and Suzy Murray. 10 weeks.**

(No class 9/5, 9/7/15)

Fee: \$60 per code

(1603): Mondays: July 20 – September 28, 2015 from 6:00 am – 7:00 am

(1604): Mondays: July 20 – September 28, 2015 from 6:30 pm to 7:30 pm

(1605): Wednesday: July 15 – September 23, 2015 from 6:00 am – 7:00 am

(1606): Saturdays: July 18 – September 26, 2015 from 7:30 – 8:30 am * Destination Boot Camp

***Destination Boot Camp:** We are bringing interval training program to your favorite Scituate outdoor locations! Location schedule will be posted and emailed out prior to the start of the session. Instructors will confirm meeting locations on the first day of the session.

ADULT YOGA: Location TBD. See Spring for Program Class Description

Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher

(1607): Thursdays: September 3 – October 1, 2015 from 9:00 am to 10:00 am (5 weeks)

Fee: \$43



GENTLE POWER YOGA: Location TBD. See Spring Program for Class Description

Instructor: Leslie Payne, CYT. 11 weeks.

(1608): Tuesdays: June 16 – August 25, 2015 from 8:15 am - 9:15 am

Fee: \$88

(1609): Thursdays: June 18 – August 27, 2015 from 7:00 pm - 8:00 pm

(1610): Thursdays: September 3 – October 1, 2015 from 7:00 pm - 8:00 pm (5 weeks) Fee: \$43

PILATES: Location TBD. See Spring Program for Class Description

Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher. 12 weeks

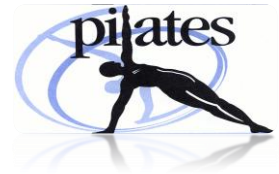
(1611): Wednesdays: June 17 – September 2, 2015 from 7:00 pm - 8:00 pm

Fee: \$85

(1612): Thursdays: June 18 – September 3, 2015 from 7:45 am - 8:45 am

(1613): Wednesday: Sept 9 – October 7, 2015 (5 weeks) from 7:00 – 8:00 pm

Fee: \$35



RESTORE THE CORE: Location TBD. See Spring Program for Class Description

Instructor: Denyce Holley, AFAA Certified. 12 weeks. (No class 8/24 - 8/28)

(1614): Mondays: June 29– September 21, 2015 from 7:00 pm - 8:00 pm

Fee: \$85

(1615): Tuesdays: June 30 – September 15, 2015 from 9:30 am - 10:30 am

(1616): Fridays: July 3 – September 18, 2015 from 8:45 am – 9:45 am



ZUMBA: Monday: Scituate Recreation's Multi-Purpose Room/Thursday Location TBD

See Spring Program for Class Description.

Certified Zumba Instructor: Sandy Guyette. 12 weeks.

(1617): In the MPR, Mondays: July 6 – September 28, 2015 from 6:30 pm to 7:45 pm

Fee: \$80

(1618): Location TBD, Thursdays: July 2 – September 17, 2015 from 10:15 am to 11:15 am Fee: \$70



EXERCISE BALL WORKOUT WITH WEIGHTS: Scituate Recreation's Multi-Purpose Room.

See Spring Program for Class Description

Instructor: Sarah Lannon. 12 weeks.

(1619): Thursdays: June 18 –September 3 from 6:50 am – 7:50 am

Fee: \$70

(1620): Sundays: June 21 – September 13 from 8:00 am - 9:00 am

(1621): Thursdays: September 10 – October 8 from 8:45 am – 9:45 am (5 weeks)

Fee: \$33



CLAMMING ON THE NORTH RIVER: Meeting place TBD. The Recreation Department is teaming up with Scituate's Shellfish Officer, to bring a group of people on a guided clamming experience up the North River. Please be on time we are in coordination with the ocean tides. **The requirements are; a Scituate Clamming License (which can be purchased at Scituate's Clerks Office at Town Hall), a clamming fork and a bucket.** We promise to explain the technique of clamming as well as the etiquette of shell fishing. Start looking up your favorite receipts.

Limited to 10 participants.

(): Date TBD/ Time: 8:45 am (about a 2.5 hour trip in total) Fee: FREE (Please Register Online)



ADULT EXERCISE KUNG FU & TAI CHI - See Pan Gai Noon School on Page 21.

J-24 ADULT SAILING - See Page 5 for class description, dates/times.



SCITUATE STATIONARY CYCLING

Scituate Recreation's Multi-Purpose Room at Scituate High School.

Get in shape the FAST and AFFORDABLE way! Our cycling program offers the best, certified instructors on state of the art Schwinn cycles accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town! (*We DO meet holidays and vacation week*) **Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert, Nicole Bonomi**



CRANK OF DAWN (13 weeks) Fee: \$110 per code

(1622): Monday 7/6 – 9/28/15, 5:45 am to 6:45 am: Maggie

(1623): Tuesday 7/7 – 9/29/15, 5:45 am to 6:45 am: Maggie

SPIN (13 weeks) Fee: \$110

(1624): Wednesdays 7/8 – 9/30/15, 9:15 am to 10:15 am: Maggie

SCITUATE CYCLESTRONG (13 weeks) Fee: \$110

(1625): Fridays 7/10 – 10/2/15, 9:15 am to 10:30 am: Maggie

CHAIN REACTION (13 weeks) Fee: \$110

(1626): Wednesday 7/8 – 9/30/15, 4:00 pm to 5:00 pm: Erin

CYCLE 60 (13 weeks) Fee: \$110

(1627): Thursday 7/9 – 9/29/15, 6:00 am to 7:00 am: Nicole

BEGINNER CYCLE CLASS (13 Weeks) Fee: \$88

(1628): Monday 7/6 – 9/28/15, 5:30 pm to 6:15 pm: Sarah

INTERVAL CYCLING (13 Weeks) Fee: \$110 per code

(1629): Monday 7/6 – 9/28/15, 6:30 pm to 7:30 pm: Sarah

(1630): Wednesday 7/8 – 9/30/15, 6:30 pm to 7:30 pm: Sarah

THE ZONE (13 weeks) Fee: \$110

(1631): Saturday 7/18 – 10/10/15, 7:30 am to 9:00 am: Alternates



SAFETY EDUCATION



CPR/AED HEALTHCARE PROVIDER: Scituate Fire Station, 149 First Parish Rd. Min.6/ Max.12. This class is appropriate for nurses, doctors, EMT's, and nursing students. This class covers defibrillation, adult, child, infant CPR for the Healthcare Professional. This is a two-year certification. **Instructor: Mark Donovan.**

(1632): Thursday: August 20, 2015 at 7:00 pm

Fee: \$65

CPR AMERICAN HEART ASSOCIATION HEARTSAVER: Scituate Fire Station, 149 First Parish Rd. Min. 6/Max 12. Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR (if you are a healthcare provider, see below). Includes new text and 2-year certification card. **Instructor: Mark Donovan.**

(1633): Thursday: September 17, 2015 at 7:00 pm

Fee: \$60

SUMMER EMPLOYMENT

*We will be accepting summer employment applications from
Thursday January 8, 2015 through Thursday, March 12, 2015.*

Interviews will be scheduled for April.

Jobs include lifeguards, recreation counselors and sailing instructors.

Applications are available in the office and

On-line at <http://www.scituatema.gov/>

COMMUNITY SERVICE APPLICATIONS

*Are you entering into High School next year and looking to
get a jump on your required community service hours?*

*Or are you already in High School and have not started your community service
hours? If so, stop by the Recreation Department and pick up a community service
application. The Recreation Department has many fun opportunities for you to give
back to our community. An informational session will be held on Community
Service Opportunities with the Recreation Department. Interviews for Community
Service Applicants will be held the first week in May.*

PLAN AHEAD:

***Due to the high volume of late applicants last summer, applications
deadline will be Thursday, March 26, 2015***

FIELD, BASKETBALL COURT, IN-LINE SKATING RINK OR BANDSTAND PERMITS:

*If you are interested in using a Town playing field, basketball court, the PJ In-line
Skating Rink or the Morrill Bandstand in Cole Parkway permits must be obtained
through Scituate Recreation.*

Applications are available in the office or online at <http://www.scituatema.gov/>

For more information please contact Paul Sharry at psharry@scituatema.gov



www.pjstevermangolf.com



NOTES:

[illegible]

SCITUATE RECREATION REGISTRATION FORM
(One per person)

A separate form is required for each participant. Please complete this form in full, including **ALL** requested information.
PLEASE PRINT CLEARLY

Participant Name: _____

Date of Birth: _____ **Age** _____ **Grade** _____
(*Entering in Fall 2015*)

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **Email Address:** _____

IMPORTANT! In an emergency situation, the above numbers will be called. Please provide additional Emergency Contact Information below in case we are unable to reach anyone at the above numbers.

Name: _____ **Relationship:** _____

Phone: _____ **different than those provided above!*

Medical Conditions (allergies, etc.): _____

Insurance Company Name: _____ **Policy #:** _____

*PROGRAM CODE	PROGRAM NAME	START DATE	FEE
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

Non Resident Fee - \$5.00/program \$ _____

***CHECKS PAYABLE TO
THE TOWN OF SCITUATE**

GRAND TOTAL: \$ _____

PLEASE CONTINUE TO OTHER SIDE
RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE
THANK YOU!

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and /or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of _____, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of _____ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites. If there is a need to avoid photos of your child, you must contact sburkhardt@scituatema.gov and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): _____

Of Student/Participant Name (Printed) : _____

Date: _____

RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF OVER 18 MUST FILL OUT)

I, _____, in consideration of my being allowed participate in _____, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: _____

Participant Signature: _____

Date: _____

THIS FORM MAY NOT BE ALTERED